



APRIL 2020

# FITNESS FUN CALENDAR

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4 Video 1:	5 Video 2:	6 Video 3:	7 REST
8 REST	9 Video 4:	10 Video 5:	11 Video 6:	12 Video 7:	13 Video 8:	14 REST
15 REST	16 Video 9:	17 Video 10:	18 Video 11:	19 Video 12:	20 Video 13:	21 REST
22 REST	23 Video 14:	24 Video 15:	25 Video 16:	26 Video 17:	27 Video 18:	28 REST
29 REST	30 Video 19:	Video 20:	Video 21:	Video 22:		
	<b>CORE</b>	<b>FLEXIBILITY</b>	<b>STRENGTH</b>	<b>CARDIO</b>	<b>FUN FRIDAY!</b>	

**NOTES:**

Complete the Fitness activity in the AU Video posted for that day, give yourself a stamp, star, or sticker for completing the exercise, and bring back your completed calendar for a prize!

(To be announced at a later date!)

We hope you have fun and stay fit while working out with your AU coaches!